




Gray's Peak- Yoga/Senior Class Schedule

Last Updated 4/10 Changes Effective 5/1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00-6:45am Recovery Yoga Becky		5:45-6:45am Yoga Becky			8:45-12pm Tai Chi  Rebecca	9:45-11:15am Integral Yoga C.M.
8:00-9:00am SS CardioFit Terry	9:30-10:30am Building Flexibility Donna 	8:00-9:00am All Levels Yoga Satya	9:30-10:30am Building Flexibility Donna 	8:00-9:00am Gentle Yoga C.M.		3-4:15pm Family Yoga* Judi NEW!
9:15-10:15am Zumba Anastasia	10:45-11:45am Gentle Yoga Ronda	9:15-10:15am Pilates Mat Instructor	10:45-11:45am Yoga for hips/back C.M.	9:15-10:15am SS Circuit Terry		5:00-6:00pm SS Yoga Francesca
10:30-11:30am SS Classic Terry	12:00-1:00pm Yoga Alyx	10:30-11:30am SS Classic Donna	12-1pm Yoga Judi	12-1pm Yoga Molly		
12:00-1:00pm Gentle Yoga Peryl		12:00-1:00pm Power Yoga Peryl		2:00-3:00pm SS Yoga Terry		
3:00-4:00pm Butts & Guts Terry		3:00-4:00pm Butts & Guts Terry		<div>For cancellation status visit our website: www.louisvillerecreation.com/FitZone</div>		
4:40-5:15pm Cycle-yoga Becky		4:40-5:15pm Cycle-yoga Ronda				
5:30-6:30pm Power Yoga Alyx	6:30-7:30pm Pilates Mat Anastasia	5:30-6:30pm** Power Yoga Peryl	6:30-7:30pm Pilates Mat Anastasia			
7:45-8:45pm Yoga Becky	7:45-8:45pm Restorative Yoga Wendy	7:15-7:30pm Lift n Ride Felicia	7:45-8:45pm Yoga Alyx NEW!			
		7:45-8:45pm Yoga Diane NEW!				

*Family Yoga 1x a month
5/19, 6/30, 7/28, 8/25

**Time Change
6-7pm starts 5/1

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